

**PROCESS FOR PREPARING HYPOALLERGENIC
AND REDUCED FAT FOODS**

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Abstract

Common allergenic foods are made hypoallergenic by treatment with super critical fluid or critical liquid gas such as super critical carbon dioxide or liquid nitrogen. The treatment of foods with liquid nitrogen or super critical carbon dioxide also enhances the functionality of fat, so that the total fat in the food can be reduced while retaining the good taste of the food. Compositions and methods for the oral delivery of a medicament or vitamin are also provided.

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